

Prevention Redesign Initiative

Washington State
Division of Behavioral Health and Recovery

COMMUNITY NETWORK

~ Growing community wellness ~

WellSpring Community Network

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Katie Lindstrom is the Deputy Director of the Pacific County Health Dept, County Coordinator for DBHR Substance Abuse Prevention & Treatment Services, CMASA, and project director for WellSpring's Drug Free Communities Grant.

**WellSpring Board Members**

Long Beach Peninsula WellSpring Community Network

WellSpring Community Network is a grass roots organization dedicated to promoting physical, emotional, spiritual, and mental wellness in South Pacific County. We are always looking for volunteers and new partnerships to strengthen our community. Please contact us at 360-783-1090 to get involved or for more information.

Organizational Overview: Formed in 2005, WellSpring enjoys broad representation and participation across multiple sectors of the community. Teams including evaluation, capacity building, parent enrichment, mental health, youth, and others meet regularly to complete activities of the coalition. The executive team meets twice a month and provides guidance and oversight for planning and budgeting. The coalition executive team includes:

Chair: Rosanne McPhail, Vice Chair: Marc Simmons, Secretary: Eric Cummins, Historian: Flint Wright, and Treasurer: Mary Goelz.

Previous Successes in Prevention:

WellSpring supports a variety of substance abuse prevention and mental health promotion activities in our community: parenting classes, Town Hall meetings/community trainings, Big Brothers Big Sisters Mentoring Program, Project Northland, Social Norms Campaigns, a youth coalition, the Let's Draw the Line (between youth and alcohol) campaign, and Mental Health First Aid.

Community Resources:

In addition to the thousands of volunteer hours generated each year, WellSpring's work is funded by the Washington State Family Policy Council, the Washington State Community Mobilization Against Substance Abuse, a federal Drug Free Communities grant, and the Washington State Division of Behavioral Health and Recovery.

Stakeholders:

WellSpring enjoys broad and active representation from multiple sectors of the community including law enforcement, health care, faith based, civic/fraternal, youth, parents, youth serving organizations, government, mental health, treatment, business, and juvenile justice.

Existing Resources: \$125,000 (DFC), \$17,500 (FPC), \$12,798 (CMASA), \$29,828 (DBHR).

PRI Contacts

County Contact:

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School P/I Specialist: ESD 112

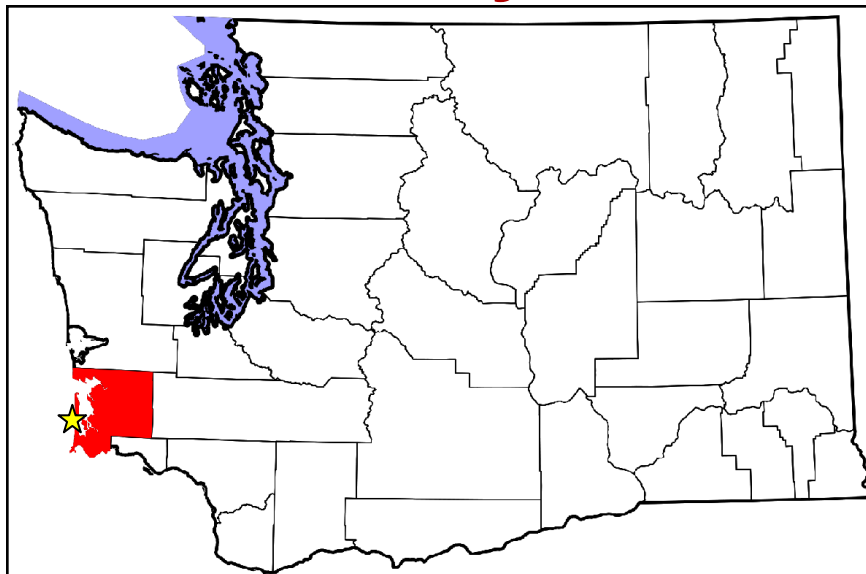
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Pacific County, WA



Community Profile

Highlights of Local Problems:

Over the years, Ocean Beach School district has averaged higher than the state in almost all youth substance use indicators. Of particular concern are local Tobacco, Alcohol, Marijuana, and Alcohol indicators (30 day use, perception of harm, and perception of disapproval of use by adults (HYS). Given current resources, time, and the desire of the community, WellSpring Community Network is focusing on preventing youth from using alcohol and misusing prescription drugs.

Contributing Conditions:

Our community has higher than average unemployment and very high rates of poverty. These risk factors, combined with our rural location and lack of access to the resources available in bigger cities, have contributed to our high rates of substance abuse. Continued cuts to coalition funding (Family Policy Council, Community Mobilization), have reduced our ability to provide some activities. In 2009, WellSpring received a Drug Free Communities grant that helped fund environmental prevention strategies, but we still lack adequate funding for direct service prevention programming.

Summary of Prevention Programs:

WellSpring's action plan includes direct services and environmental strategies, carefully chosen based on data and community readiness. View details at: www.wellspringpacific.com.

Mission

"Through advocacy, awareness, and action, we will create a community culture that strengthens families, reduces substance use, and promotes physical, mental, spiritual, and emotional wellness"

Community Statistics

Long Beach Peninsula
Population: 9,719

Zoning: Rural

Ethnic Diversity
Native American 1.3%
and Pacific Islands

Black	1%
Hispanic	3.5%
White	95%

Median Household
Income: \$26,649
Coalition Founded: 2005